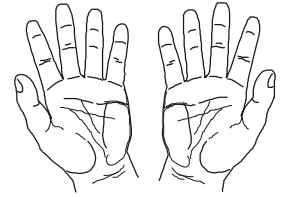


# Handwashing Highlights

To prevent foodborne illness, it is important to wash your hands often. Even though your hands may look clean, they are probably not germ-free.

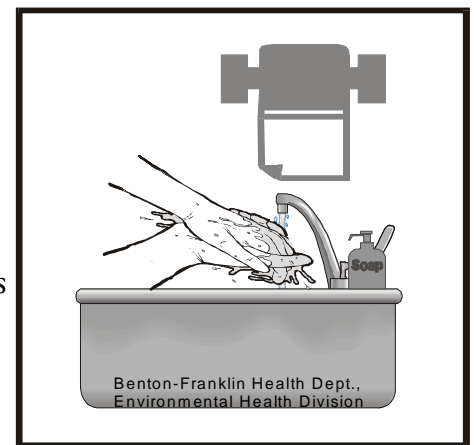
Germ, such as bacteria and viruses, are picked up easily, so think of your hands as always contaminated. The number one source of food contamination is bacteria carried on hands. Remember gloves and hand sanitizers are not substitutes for handwashing.



Handwashing supplies such as soap and paper towels must always be available.

Follow these steps to wash your hands:

- 1 Wet hands with warm water
- 2 Use plenty of hand soap
- 3 Lather and scrub hands and fingernails thoroughly
- 4 Rinse hands under warm, running water for at least 15 seconds
- 5 Dry hands with paper towels (or an air dryer)
- 6 Turn the faucet off with a paper towel



Handsinks must only be used for handwashing.

Do not fill a handsink with dishes, other items, or use it for food preparation.

Always wash your hands:

- 1 Before you prepare food;
- 2 Before you touch anything used to prepare food;
- 3 Before you put on a new pair of gloves;
- 4 Twice after using the restroom (once in the restroom, again when you return to the kitchen);
- 5 After you work with raw meat, fish and poultry;
- 6 After you handle garbage;
- 7 After you touch your face, hair or body; and
- 8 Anytime you handle an unclean item or otherwise contaminate your hands.

